

The Family Flyer



Supporting Military Families
Cape Cod—Southeastern Massachusetts—SE New England

Drumming Class for Veterans with PTSD Tuesdays, starting 17 MAR from 5:30—7 pm



Open to all veterans dealing with PTSD. The class will be held in the art barn at Cotuit Center for the Arts.

Free to veterans with PTSD. Drums are provided.

Drumming through Trauma is made up of weekly 90-minute classes using wooden drums and hand instruments. The classes focus on drumming as a group, and each week begins with a warm up and ends with open jamming,

also known as a drum circle.

Group drumming is an ancient healing practice used for thousands of years for stress reduction, self-expression and community building. Group drumming is also supported by ample scientific research to mitigate veterans' symptoms of PTSD. Drumming Through Trauma is a unique drumming program that gives participants a physical and emotional outlet to relieve the feelings they have internally suppressed.

The class is taught by Sam Holmstock, a founding member of the band Entrain and teacher of Afro-Caribbean drumming for 30 years. For the last 7, he has taught on the Cape at Cotuit Center for the Arts, Cape Cod Community College, and the Brewster Treatment Center, a residential program for incarcerated teen boys.

Military Families with Special Needs FREE Weekend Retreat

WHEN: 17—19 APR

WHERE: Grotonwood Camp & Conference Center, Groton MA

Over 100,000 military families have members with special needs. The retreat will focus on spouses, children, or dependent parents who require special medical and/or educational services. This is a great opportunity to unwind and relax. Each family gets their own room/cabin and the best part is the cooking is done for you!

It will be a time for children to connect with other children with fun activities awhile Mom and Dad's attending workshops and holistic services.

Enjoy this quiet environment to disengage with regular life, re-engage with family, newly engage with other military families with special needs to create unforgettable memories.

This event is being offered FREE of charge through [Project New Hope](#). Register today by calling Project New Hope at 774-243-9245.



In partnership with The Grace Program of Cape and Islands Veterans Outreach Center's Veterans and Military Readiness Program, invite you to join in



A Family Night Out!

A six (6) week program with the goal of fostering effective communication among veteran and military family members, including children and spouses

Children will enjoy purposeful play in an environment that promotes health, social interaction, and coping strategies. They will have a choice of project play (yoga, music and movement), or hands-on art projects

Parents will work separately with the three experts below to identify the unique challenges to veteran and military families, and to strategize ways in which improved communication can mitigate those challenges.

Location: Cape Cod Children's Museum, Mashpee

Times: Wednesdays March 11 – April 15, 2015

From: 5:30 p.m.–7 p.m. A light dinner will be served.

**Openings
still
available!**

This event is free of charge to all veteran and military families.

Register by February 23rd by to Jill Blanchard by phone 774–238–8417 or [email](#)

This event is sponsored in part by The Cooperative Bank of Cape Cod



Attention All Service Members, Veterans and Family Members

Save the Date: Operation MoneyWise 2015



**Saturday, March 21, 2015
9:00 am – 3:00 pm**

Mass Bay Community College
McKenzie Auditorium
50 Oakland Street, Wellesley MA



This is a FREE one-day personal finance event for Service Members, Veterans and their Families.

Class Topics Include:

Dealing with Debt

Higher Education

Basics of Investing

Healthcare

Budget & Goal Setting

Couponing 101

Money Mentors

Money & Disability

Retirement

Home Buying



Registration will be open very soon www.mass.gov/treasury/operationmoneywise

TAX SERVICES



Call. 800-342-9647
Click. MilitaryOneSource.mil
Connect. 24/7



Get started on a stress-free tax season this year. Check out Military OneSource tax services today.



Cape, Islands & Southeast Massachusetts 13th Annual Heroes Breakfast 2015

DATE: Friday April 10

TIME: 7:30—9:00 a.m.

LOCATION: Resort & Conference
Center, Hyannis

The American Red Cross along with members of the community will come together to honor local heroes who have exemplified the mission of the Red Cross over the past year. These heroes have performed extraordinary acts of courage, rescued someone in need, or gave of themselves to better our communities. Please join us as we celebrate these heroes and hear their inspiring stories.

MILITARY HONOREES:

Mark Castiglione, Life Saving Hero Award

John Keel, Life Saving Hero Award

Brendan O'Byrne, Armed Force Hero Award

ATTEND: [tickets](#)



Heroes Breakfast

American Red Cross
Cape, Islands and Southeast Massachusetts

Yoga Warriors International

Designed by & for Veterans,
Including PTS & TBI
Helps improve physical
& mental health



Free Yoga
Wednesdays 5—6 pm
Veterans Outreach Center
569 Main St Hyannis

Improve sleep
Reduce stress & anxiety
Gain personal empowerment
Strengthen body, improve balance
Lower blood pressure, reduce pain

All veteran and their families welcome. Reserve a spot 774-470-4971 or jill@graceveterans.org

FREE Smoke Alarms from the American Red Cross

Every 3 1/2 hours, someone dies in a house fire.

There is a new American Red Cross campaign that aims to reduce fatalities caused by a house fire by 25% in five years.



Why do smoke alarms matter?

- 37% of all house fires in homes without smoke alarms result in fatalities. Where smoke alarms are installed but not working, an additional 23% result in a fatality.
- In homes with smoke alarms, these numbers go down to 4% and 19% respectively.



Through this new campaign, the Red Cross will provide a free fire detector for installation in homes, and even do the installation upon request. This offer is extended to military families living on base housing, to include the alarm installation, if requested.

If you are interested, please contact [Erin Creighton](#) to get connected with your local Program Manager overseeing the campaign in your area.

Top Recommended Resources for Servicemembers

Vets4Warriors *Sponsored by the Defense Suicide Prevention Office*



- 24/7: Free peer support line 855-838-8255, Email or Chat features
- Anonymous & Confidential ; Online Resource Library
- Veteran Peer Support- Every call answered by a Veteran
- Ongoing Support. Stays with the SM until all issues are resolved, no time limit
- Referrals for legal, housing, medical, psychological and other needs



inTransition *Department of Defense*

- 24/7: Confidential 800-424-7877
- A voluntary program to support the SM as they move between health care systems or providers if they're currently receiving mental health care. A personal coach, along with resources and tools, will help the SM during this transition period.
- Offers each Service member, by phone a one-on-one Transitional Support Coach (master's-level, licensed behavioral health clinician)
- Support for Service members' mental health and wellness through the coaches' use of motivational interviewing, readiness, and action planning to identify and address challenges
- Information about local community resources, support groups, healthy lifestyle options, benefit enrollment and other health resources

Air Force Aid Society General Henry H. Arnold Education Grant Program 2015-2016

Applications are being accepted. Eligible spouses and children can apply at www.afas.org. Application deadline is **13 March 2015**. The Arnold Education Grant provides \$2000 grants to children of active duty, Title 10 AGR /Reserve, Title 32 AGR performing full-time active duty, retired, retired reserve and deceased Air Force members; spouses (stateside) of active duty members and Title 10 AGR / Reservists; and surviving spouses of deceased personnel for their undergraduate studies.

For further information call the Hanscom Airman and Family Readiness Center at 781-225-2765.

Veterans Outreach for Employment

WED Mornings 8–12

@ Falmouth Career Opportunities

Veterans Representative Michael Swaney, DVOP, will meet with Veterans seeking assistance finding employment. Call 508-862-6127 to make an appointment.

Find more online @ capejobs.com

Call of Duty Endowment Seminar

THU 05 MAR from 10 a.m.

@ Plymouth Career Center

508-732-5300

All veterans need to be registered on [Job Quest](#) prior attending! Then call the Plymouth Career

Center 508–732–5300

Bring your resume & DD214



Women Veterans Entrepreneurial Training Program

August 21—23, 2015

Attention women veterans with an entrepreneurial passion, V-Wise is coming to Boston. Open to all women veterans, female military spouses/partners. V-Wise is a premier training program providing women the tools to become successful business owners. Apply Today!

Please note: Prior to registering for the Boston conference, participants must apply to and be accepted into V-WISE. The \$75.00 registration fee includes a private hotel room for two evenings, meals, books, materials and online coursework. This is a program of Syracuse University with Small Business Administration

CAREER

Career Transition Series

@ Mashpee Library, 64 Steeple St. from 5:00–6:30 p.m.



Session 1

Inventory of Skills

TUE 17 MAR

This inventory will be your building block!

See more opportunities for which you are qualified

Develop resumes you can easily adapt for specific jobs

Have your “stories of success” for interviews fresh and ready!

Session 2

Networking

TUE 24 MAR

Cultivate and understanding the skills and knowledge you already have to minimize your opportunities and get the position that you want!

Understand the role of networking in your career search

Learn how to develop your brand
Learn the Job Search Game Rules

Session 3

Developing a Resume and Interviewing

TUE 31MAR

Learn how to use the PARs you previously created to build your resume

Learn how to develop strong interviewing skills necessary to land a job

Develop a 90 second speech to introduce yourself effectively

Open to military & spouses of all branches. Reserve a spot 774–238–8417 or jill@graceveterans.org

Wachusett Mountain Home Base Adventure Series—FREE Skiing

WHEN: Sunday 15 MAR

WHERE: Wachusett Mountain, Princeton MA



As part of the Winter 2015 Adventure Series, the Red Sox Foundation and Massachusetts General Hospital Home Base Program announces a day of skiing and snowboarding at Wachusett Mountain in Princeton, Massachusetts on Sunday, March 15, 2015 at 7:30am. Join us for FREE lift tickets, rentals, and lessons. All veterans, service members and their families are welcome.

Please note: Space is limited; due to increased demand for Adventure Series Events please register for the ticket lottery. Participants will be notified of their registration status on March 4th, 2015.

This is a great opportunity from the Homebase Adventure Series for skiing at Mount Wachusett! Tons of great snow there!!! Space is limited – contact Homebase for details and to register.

Please contact Kelsey Lally, kelally@mgh.harvard.edu, with any



Interested in Learning How to Row for FREE?

WHEN: SAT 09 MAY

WHERE: Brighton, MA

Community Rowing, Inc. is hosting a free a Learn-To-Row event in Brighton on SAT 09 MAY for personnel associated with Joint Base Cape Cod!

.It will be a fantastic opportunity to provide them with hands on, practical experience about this amazing sport.

They are currently trying to gauge the interest level for this event. If you would be interesting in attending please email the POC of your affiliated branch :

Active Air Force: [Heather Hurley](#)

Active and Reserve Coast Guard: [Candy LeBlanc](#)

Army National Guard: [Roy Aylward](#)

Air National Guard: [Erin Creighton](#)



Community Rowing

Massachusetts National Guard
Airman & Family Readiness Program
Joint Base Cape Cod, MA



Erin Creighton
Program Manager
102IW/ A&FRPO
156 Reilly St Box 70
Otis ANG Base, MA 02542
Phone: 508-968-4855
erin.creighton@ang.af.mil

Office Hours:
Monday – Friday 8:30 a.m.—4:30 p.m.
Saturday of UTA weekends 7 a.m.—3 p.m.

Requests to be added or removed from this distribution list may be sent directly to Erin.



[Otis Family Program](#)

[Massachusetts National Guard Family Program](#)

Month of the Military Child Certificates

April is Month of the Military Child and its fast approaching! We all know the strength and sacrifice that defines our Military Kids, and this is your chance to show it. The MANG Child and Youth Program will once again be mailing out certificates that recognize the outstanding accomplishments of National Guard youth.

Please email us at MASSNGYouth@aol.com to register your National Guard connected child, and they will receive their well-deserved certificate this April. Please include the Service-Member name, Service-Member's branch, children's names & ages, and the mailing address for the certificates.



Irish Dinner & Karoke Night @ Eagles' Nest

Saturday 07 MAR @ 5pm

Dinner includes corned beef, cabbage, potatoes, carrots, onions and a dinner roll for \$7.00. You can sing any song you want, but if you sing an Irish song, you get a prize!

Please tell all your friends! Questions contact [TSgt Gloria](#)



Upper Cape Food Resources

Food Pantries:

[Falmouth Service Center](#): once every 3 weeks as needed. Open daily. 508-548-2794

[Bourne Friends Food Pantry](#): once a month for 3-5 days of groceries. Thursdays & 3rd Saturdays. By appointment only 508-759-3351

Beehive Food Program for Military Families

Are you a Cape Cod connected military family who could benefit from free food? Maybe you struggle to make ends meet but make too much to take advantage of other food assistance programs?

The Beehive program provides monthly supplemental food (snacks, pasta, rice, cereal) to military families.

Open to: Military families of all branches, with children AND whose unit or home is on Cape Cod.

For information: [Erin](#) 508-968-4855

For other locations in Massachusetts for food resources, please visit the [Greater Boston Food Bank's Food Finder](#) listing pantries and community meal programs

